



1st Kup Red Belt (page 1 of 3)

GRADING INFORMATION: Black Belt gradings are held twice a year, Spring and Autumn at a central location organised by the TAGB association, you must attend a minimum of 3 Pre-black belt sessions preceding the grading, all Black belt grading forms are handed in on the first session, with your license.

Stances, Focus, Power, Technique, Knowledge, and Attitude are all taken into account for your black belt grading.

Choong-Moo

+ 1 pattern of the examiner's choice Patterns – 22%

+ 1 pattern of the student's choice

3 bouts of 1 and a half minutes duration Free Sparring – 22%

Students are expected to demonstrate a range of effective, attack and defence techniques.

One-step sparring (no take-downs) Set Sparring – 17%

Students are expected to demonstrate a range of effective foot and hand counters.

Either: Two-step, Three-step or Semi-free sparring.

Line work is highly variable, but usually includes a jumping Line Work – 17%

Technique, foot and hand

Terminology – You will be asked 3 - 5 questions covering, Terminology – 22%

Techniques, pattern interpretation, and your opinion/ thought on.

Combinations and sequences taken from patterns:

Typical examples might be:

- Jumping front kick.
- The first 3 moves from Won-Hyo.
- Upset fingertip thrust followed by low block and back-fist strike (Choong-Moo).
- Turning kick, back kick, reverse punch, pull back into guarding block.

Terminology – You will be asked 3 - 5 questions covering:

Terminology – 22% Techniques, pattern interpretation, and your opinion/ thought on.

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Interpretation of pattern Choong-Moo

Choong-Moo, 30 movement pattern - was the name given to the Yi Dynasty Admiral Yi Sun-Sin. In AD1592, he was reputed to have invented the worlds first armoured battleship (Kobukson), which is said to be the precursor of today's submarine.

The reason the pattern ends with a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Meaning of Black Belt:

Black belt is the opposite of white, signifying maturity and proficiency in Tae Kwon Do. Also indicates the wearers imperviousness to darkness and fear.





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Combinations and sequences taken from patterns

Typical examples might be:

- Jumping front kick.
- The first 3 moves from Won-Hyo.
- Upset fingertip thrust followed by low block and back-fist strike (Choong-Moo).
- Turning kick, back kick, reverse punch, pull back into guarding block.

You will be asked questions from 3 of the 5 examiners and are at the examiner's discretion.

Patterns

Interpretation and the techniques used. Students are expected to understand the interpretation, not merely repeating the definition.

Typical questions might be:

- What is the significance of the number 29 in the pattern Hwa-Rang?
- Which patterns have a release technique?
- What is the purpose of the jump in pattern Toi-Gye?

Techniques - terminology

You will need to know all the information from the TAGB terminology book.

Also, use the TAGB website quiz to help you practice:

<https://www.blackbeltschools.com/syllabus/koreanquiz.asp?grade=10&j=&k=&q=10>

Applications and limitations. Typical questions might be:

- What is the difference between a double block and a twin block?
- Name the following parts of the hand (the examiner will demonstrate).
- What does Bapgi mean?

History and Social – key dates and events, people in Tae Kwon Do, aspirations and motivations behind Tae Kwon Do. (All the information is in the terminology book)

Typical questions might be:

- When was the TAGB formed? / Who is the liaison officer of the TAGB?
- What does gaining a black belt mean to you?
- If you could choose a sixth tenet of Tae Kwon Do, what would it be and why?

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